

FITNESS

EVERY STEP COUNTS

Would you walk more if you knew the exact distance you were walking on a daily basis? Would it surprise you if the distance you walk may add up to miles by the end of the work day? Running office errands, walking to lunch, taking the stairs, delivering supplies and walking to the copier or bathroom can help you add miles to your workout regimen. If you answered yes to one or both of these questions, you are not alone. Many people would walk more if they knew the distance and many are surprised when they find out that every step really does count!

A device called a pedometer can measure every step a person takes. A pedometer is used to measure and track **ALL** walking activities. The pedometer is small and light, and can be worn on belts, slacks and skirts near the waist.

BENEFITS OF USING A PEDOMETER

1. Eliminate the guesswork

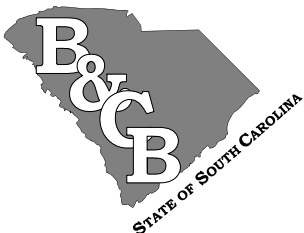
Using a pedometer eliminates the guesswork of calculating walking distance on unmeasured walking courses.

2. Every step counts

A pedometer provides an accurate account of walking distance done throughout the day.

3. A great incentive

By monitoring the pedometer, this may serve as an incentive to incorporate more walking into daily activities.



STATE HEALTH PLAN PREVENTION PARTNERS
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